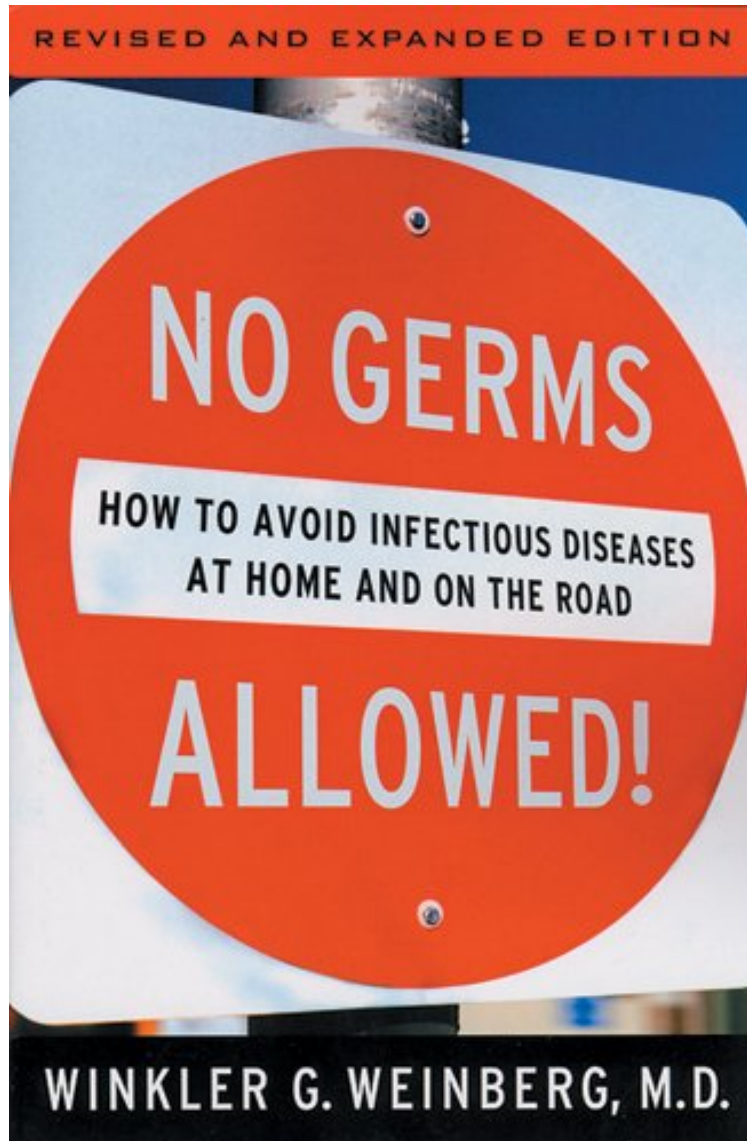


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## No Germs Allowed!: How to Avoid Infectious Diseases At Home and on the Road

*Winkler G. Weinberg M.D.*

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**Winkler G. Weinberg M.D. : No Germs Allowed!: How to Avoid Infectious Diseases At Home and on the Road** before purchasing it in order to gauge whether or not it would be worth my time, and all praised No Germs Allowed!: How to Avoid Infectious Diseases At Home and on the Road:

AIDS, tuberculosis, hepatitis, chickenpox, malaria, Lyme disease, salmonella, strep throat-no matter where you go or where you live, you are at risk from infectious disease. But there are ways you can protect yourself and your family! The revised and expanded edition of this classic guide explains what you need to know to keep the germs away. From the infections of daily life, like the common cold and traveler's diarrhea, to dangerous, rare diseases such as plague, hantavirus, and invasive strep bacteria, to recent threats of mad cow disease, West Nile virus, SARS, and bioterrorism, this unique guide tells you: your chances of getting sick simple precautions you can take which vaccinations and shots are worthwhile how to avoid catching infections in the hospital special precautions to take if you are pregnant how to ward off infections even if you have chronic health problems or are HIV positive how to keep well while traveling what to eat-and not eat-on the road symptoms that signal trouble what illnesses you can get from bug bites and animals how to prevent sexually transmitted diseases who should get flu shots and why why you should see your doctor before you get sick Dr. Winkler G. Weinberg lets you know what you need to worry about and what you don't.